

## EB-P1<sup>DR</sup> Delayed Release

**Welcome to EBM Medical.** We provide high quality medical food formulations using USP grade active pharmaceutical ingredients supported by evidence-based medicine to address chronic metabolic deficiencies.

Your healthcare provider has prescribed EB-P1<sup>DR</sup> for the metabolic management of deficiencies associated with mood disorders and/or deficiencies in folate metabolism.

## EB-P1<sup>DR</sup> Delayed Release\*

L-methylfolate Calcium ..... 15 mg  
Methylcobalamin..... 0.4 mg

**Dosage:**

Adult dose is 1 capsule daily or as directed by physician.



Each vegan capsule is allergen and dye free.

### Therapeutic Active Pharmaceutical Ingredient Guide<sup>1-6</sup>

ACTIVE INGREDIENT	DESCRIPTION
<b>L-methylfolate Calcium</b> [active folate (pure crystalline)]  <b>Methylcobalamin</b> [active Vitamin B <sub>12</sub> ]	Active ingredients work together to effectively: <ul style="list-style-type: none"> <li>- Homocysteine levels, a known risk factor for mood disorders</li> <li>+ Natural chemicals in the brain that affect mood</li> </ul>

+ increase - decrease



Manufactured in compliance with current Good Manufacturing Practices. [cGMP].  
\*Products feature delayed-release capsules for targeted delivery to promote tolerability.



**EBM Medical Contact Information**

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## FREQUENTLY ASKED QUESTIONS

### What is EB-P1<sup>DR</sup>?<sup>5-8</sup>

EB-P1<sup>DR</sup> is an oral capsule classified as a medical food, a unique category regulated by the FDA. Medical foods address the distinct nutritional requirements associated with a disease to help manage a specific chronic condition, including mood disorders such as depression.

Other conditions may include patients with a reduced ability to effectively metabolize folic acid into its active form L-methylfolate, due to a genetic variant in the enzyme responsible for folate metabolism called MTHFR c677t. Medical foods are intended for use under medical supervision.

### What should I expect?<sup>1-6, 8</sup>

Low folate levels in the brain may result in a partial response to your antidepressant. In fact, two out of three depressed patients do not have an adequate response to their initial antidepressant therapy.

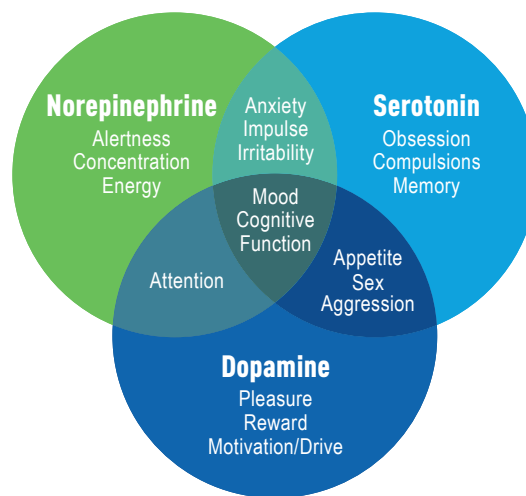
EB-P1<sup>DR</sup> features L-methylfolate Calcium and Methylcobalamin — the active forms of folate and vitamin B<sub>12</sub> — to help promote the production of natural chemicals in the brain that affect mood and help you achieve the most from your antidepressant therapy.

### How does EB-P1<sup>DR</sup> work?<sup>1-3, 5, 6</sup>

Both L-methylfolate and Methylcobalamin are required to help produce natural chemicals in the brain called neurotransmitters that affect overall mood and mental health.

### How does EB-P1<sup>DR</sup> compare to over-the-counter products?<sup>4</sup>

Traditional folic acid must be broken down (activated) in the body before it can be used. Up to 70% of people with mood disorders have a compromised ability to complete this activation due to a genetic variant in the enzyme responsible for folate metabolism called MTHFR c677t. **EB-P1<sup>DR</sup> features Biofolate®, the patented pure crystalline activated form of folate which is unaffected by the MTHFR c677t variant.**



Neurotransmitters Work Together for Overall Mental Health

### What are the side effects with EB-P1<sup>DR</sup>?

The active pharmaceutical ingredients in EB-P1<sup>DR</sup> are well tolerated and allergen, gluten and dye free. The most common complaints include mild upset stomach. If you experience this, try taking the capsules with food. If the problem persists, consult your provider.

### How do I refill my order?

Simply contact EBM Medical or sign up for the convenience refill program. Approximately 10 days before you take your last dose of your order, EBM Medical will send you another 90-day supply. Do not stop taking EB-P1<sup>DR</sup> without talking to your healthcare provider.

#### REFERENCES

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4. Wan L et al. Methylene tetrahydrofolate reductase and psychiatric diseases. *Translational Psychiatry.* 2018; 8:242.
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